



53D Wing Safety

~~101 Critical Days of~~ Summer



Swimming Recreation

SAFETY...
It's an ATTITUDE





The Drowning Problem



- How large is the problem of unintentional drowning in the United States?



The Drowning Problem



- In 1992, the U.S. Coast Guard received reports of 6,000 crashes involving recreational boats that resulted in 3,700 injuries and 816 deaths.
- In 1997, 4,051 people drowned, including 964 children younger than 15 years old.





Children Drowning



**Where does childhood drowning
occur m**





Children Drowning



- Most children drown in swimming pools. Among children younger than 5 years old, about 320 fatal drowning in 1991 and nearly 2,300 non-fatal near-drowning in 1993 occurred in residential swimming pools.



Children Drowning



- Between 60-90% of drowning among children aged 0-4 years occur in residential pools; more than half of these occur at the child's own home.
- Compared with in-ground pools without four-sided fencing, 60% fewer drowning occur in in-ground pools with four-sided isolation fencing.



Alcohol



How often is alcohol use involved in drowning?





Alcohol



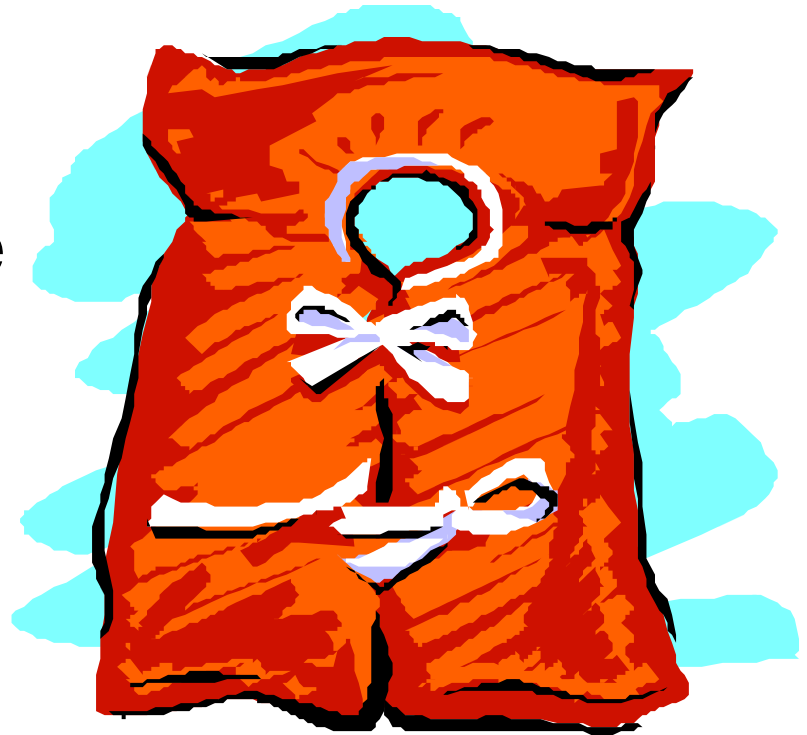
- Alcohol use is involved in about 25-50% of adolescent and adult deaths associated with water recreation. It is a major contributing factor in up to 50% of drowning among adolescent boys.



Guarding Against Drowning



- How can people guard against drowning?
- You can greatly reduce the chances of you or your children becoming drowning or near-drowning victims by following a few simple safety tips:

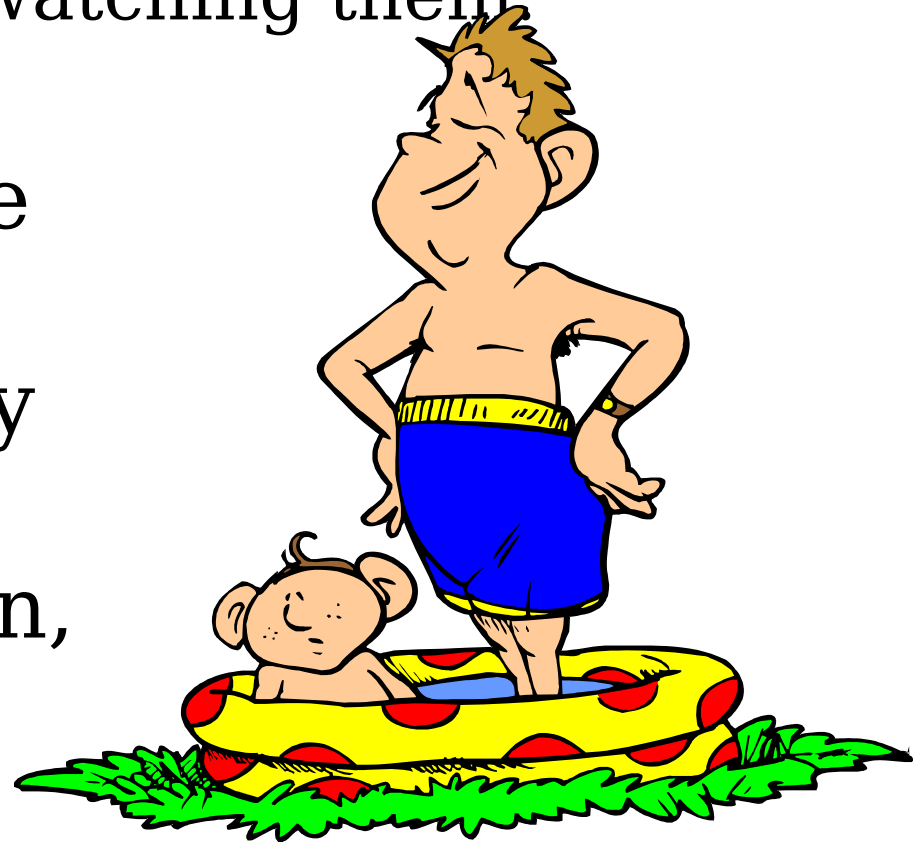




Guarding Against Drowning



- Whenever young children are swimming, playing, or bathing in water, make sure an adult is constantly watching them
- This means that the supervising adult should not read, play cards, talk on the phone, mow the lawn, or do any other distracting activity





Guarding Against Drowning



- Never swim alone or in unsupervised places. Teach children to always swim with a buddy.
- Keep small children away from buckets containing liquid: 5-gallon industrial containers are a particular danger. Be sure to empty buckets when household chores are done.





Guarding Against Drowning



- Never drink alcohol during or just before swimming, boating, or water skiing. Never drink alcohol while supervising children.

- Teach teenagers about the danger of drinking alcohol and swimming, boating, or water skiing.





Guarding Against Drowning



- To prevent choking, never chew gum or eat while swimming, diving, or playing in water.
- Learn CPR (cardio-pulmonary resuscitation).

- Learn to swim. Enroll yourself and/or your children aged 4 and older in swimming classes. Swimming classes are not recommended for

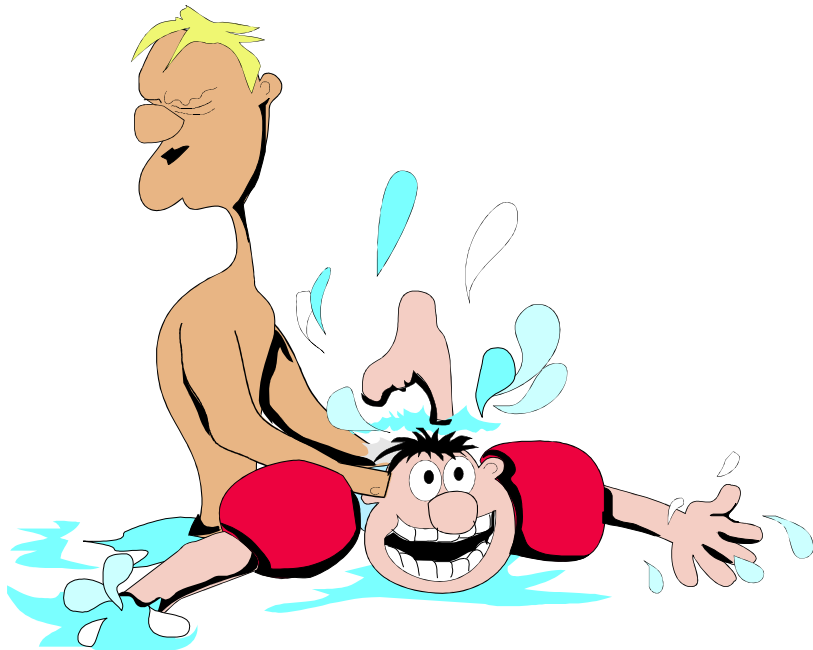




Guarding Against Drowning



- Do NOT use air-filled swimming aids (such as "water wings") in place of life jackets or life preservers with children. These can give parents and children a false sense of security and increase the risk of drowning.



Check the water depth before entering. The American Red Cross recommends 9 feet as a minimum depth for diving or jumping.



Home Pools



If you have a swimming pool at your home:

- Install a four-sided, isolation pool-fence with self-closing and self-latching gates around the pool. The fence should be at least 4 feet tall and completely separate the pool from the house and play area of the yard.



Home Pools



- Prevent children from having direct access to a swimming pool.
- Install a telephone near the pool. Know how to contact local emergency medical services. Post the emergency number, 911, in an easy-to-see place

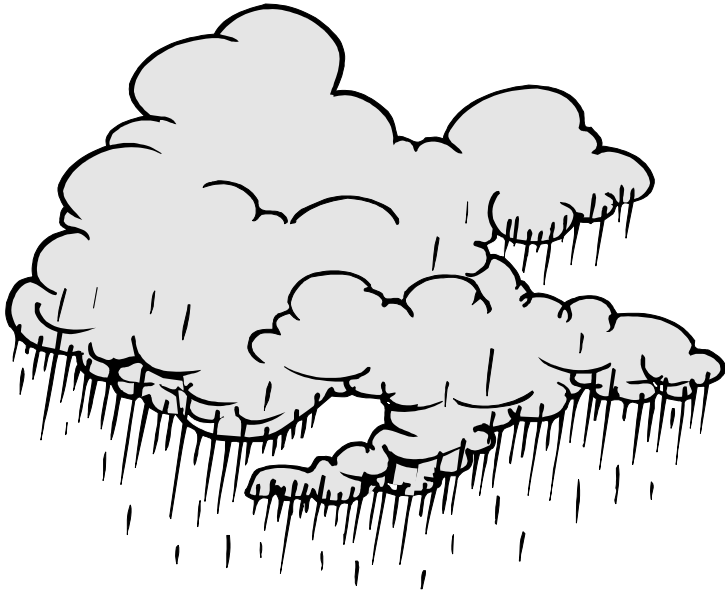




Open Water



Tips for Open Water



- Know the local weather conditions and forecast before swimming or boating. Thunderstorms and strong winds can be extremely dangerous to swimmers and boaters.
- Restrict activities to designated swimming areas, which are usually marked by buoys.
- Be cautious, even with lifeguards.



Open Water



- **Protect your skin.** Limit the amount of direct sunlight you receive between 10 a.m. and 2 p.m. Use sunscreen of SPF 15 or higher and avoid sunbathing for long periods of time.





Open Water



- **Keep a lookout for aquatic life.** Water plants and animals can be dangerous. Avoid patches of plants; and leave animals alone.

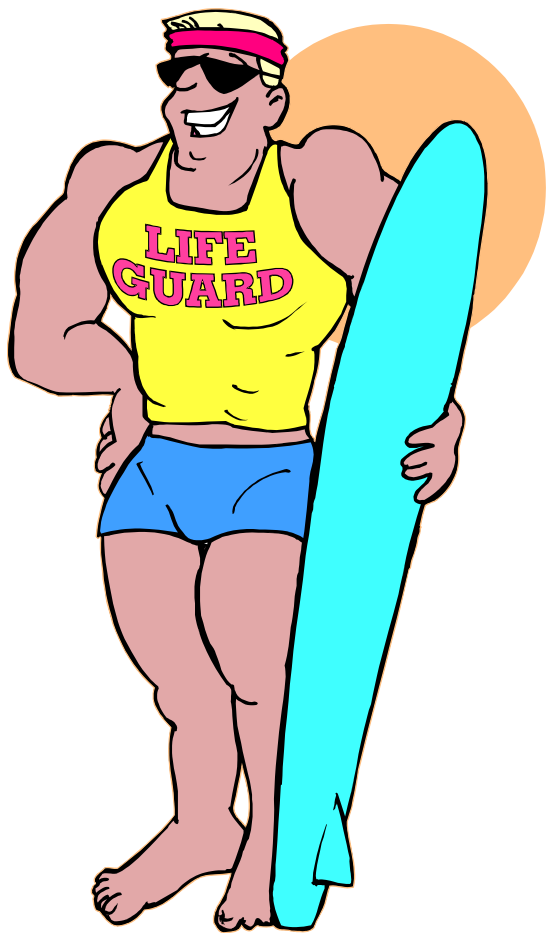




Open Water



- **Never fake actions** or calls for help.



- **When in trouble,** signal a lifeguard by shouting "HELP" or waving your hands.

- **If you, or someone in your group gets lost,** always find the nearest lifeguard

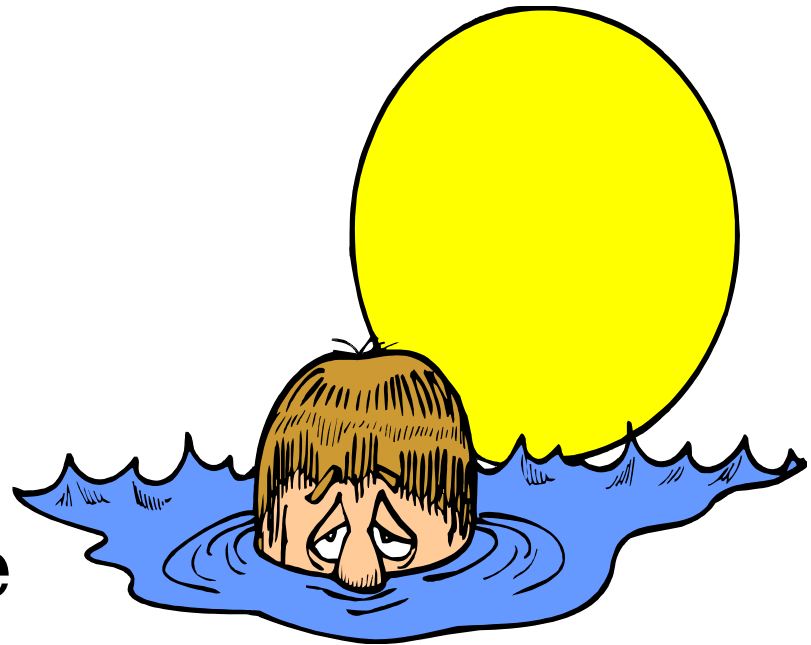


Open Water



- Watch out for the "dangerous too's" -- too tired, too cold, too far from safety, too much sun, too much strenuous activity.

Know your swimming limits and stay within them. Don't try to keep up with a stronger, skilled swimmer or encourage others to keep up with

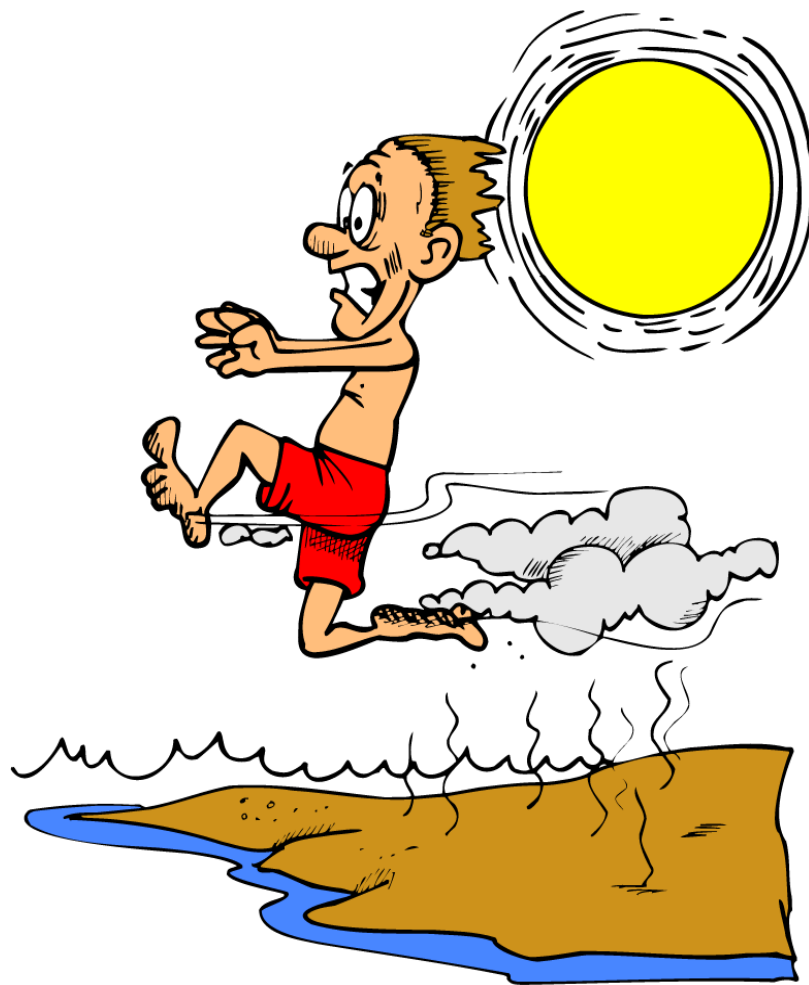




Open Water



- Under the hot sun, sand along the beach can reach some very high temperatures. Wear shoes to protect your feet.

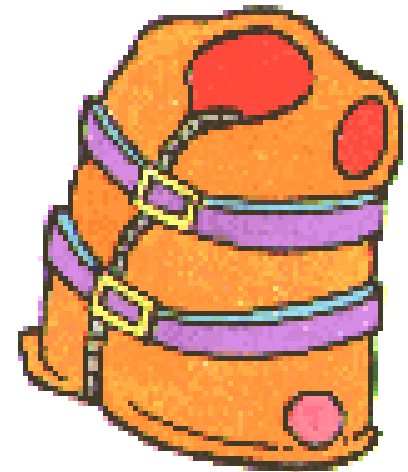




Open Water



- Use U.S. Coast Guard-approved personal flotation devices (life jackets) when boating, regardless of distance to be traveled, size of boat, or swimming ability of boaters.
- Remember that open water usually has limited visibility, and conditions can sometimes change from hour to hour.
- Currents are often unpredictable -- they can move rapidly and quickly change direction.





Open Water



- Watch for dangerous waves and signs of rip currents -- water that is discolored, unusually choppy, foamy, or filled with debris.
- If you are caught in a rip current, swim parallel to the shore. Once you are out of the current, swim toward





Skin & Scuba Diving



- Remain physically qualified for diving. by having a physical examination regularly.
- Obtain certified training from recognized agency.
- Don't eat or drink immediately prior to diving.
- Plan each dive and dive only when conditions are right.





Skin & Scuba Diving



- Never dive alone, always dive with a certified diver.
- Always have a float available for rescue or self-rescue.
- Use properly adjusted equipment as required by conditions.
- Establish a system of communication with other divers.
- Never wear goggles or ear plugs when diving.



Skin & Scuba Diving



- Never dive when suffering from a sore throat, a cold, or when otherwise feeling ill or very tired.
- When diving is necessary during adverse conditions, use a life line or buddy line.

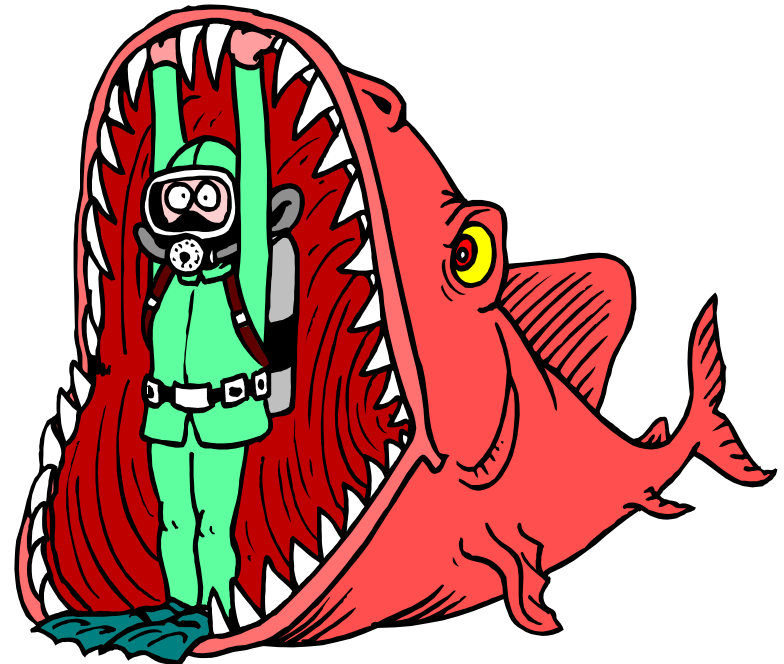




Skin & Scuba Diving



- Descend at a rate that permits equalization of pressure in ear and sinus spaces. If pain is experienced in the ears, stop the decent, ascend a few feet to clear by swallowing and holding the mask against the face tightly, while exhaling through the nose.
- Be careful of marine animals.





Skin & Scuba Diving



- Practice moderation in speed of swimming, depth and time in the water. Always keep breathing normally while underwater, particularly while ascending.
- Never ascend faster than 60 feet per minute. A safe rule of thumb is never ascend faster than the slowest bubbles.
- Surface carefully to avoid coming up under a boat or other object.



Surfing



- Don't overestimate your swimming ability.
- Be careful when diving under waves - it may be too shallow, and could cause damage to the head or spine.
- Don't stay too long in the water.
- Don't show off
- Don't push or dunk.





Surfing



- Be careful in white broken waves (can't see depth or people under waves).
- Do not let go of equipment - at least it keeps you afloat .
- Make sure equipment is well maintained (sharp edges, broken fins, etc.

can cause injuries)

- If in trouble, signal for help.

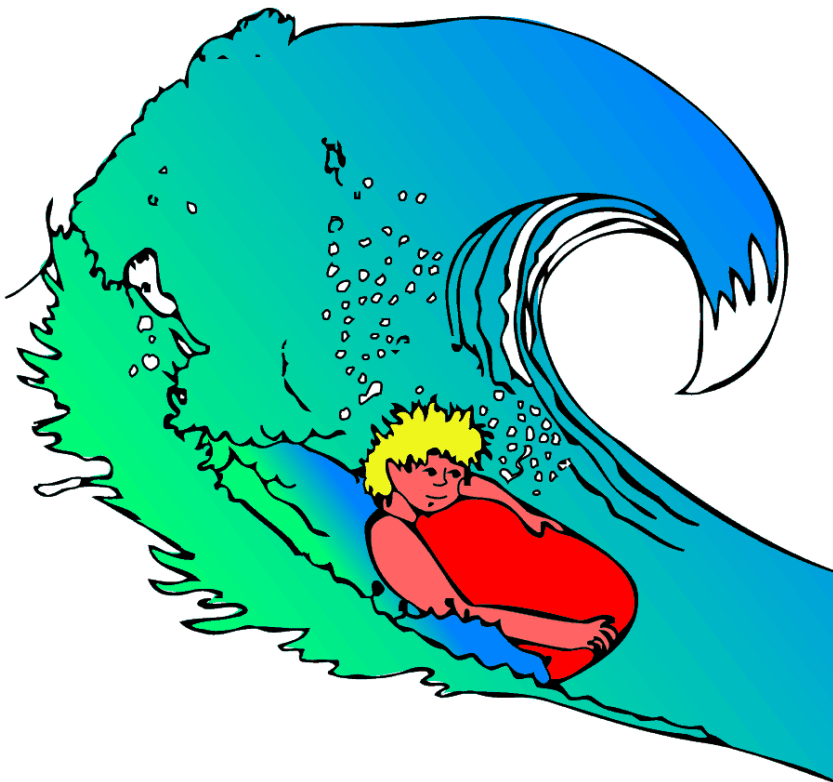




Surfing



- Don't panic, struggling will only exhaust you.
- Signal for help by raising one arm vertically.



- Adopt a floating position or tread water until help arrives.



Summary



- *Swimming tragedies can be avoided. No flotation devices, alcohol, inexperience and going in the water by yourself are hazards that can easily be identified by using the common sense formula in Operational Risk Management. Take the time to weigh the risks before entering the water. If you can't do it safely, then find another way to cool off or have fun in the sun.*